

# Your Child's Weight

Your doctor, nurse, or nutritionist can help you determine if your child is overweight.

Your child does not need to go on a "diet," but should change some habits. Even better, change the eating habits of the whole family.

Your child should not lose weight but should gain weight slowly until his height catches up.

It is hard to know exactly how much your child will eat every day because his activity and appetite change from day to day.

## Points to Remember:

As a parent, you are responsible for:

- ♥ choosing what your child eats
- ♥ controlling what comes into the house
- ♥ making meals
- ♥ regulating the timing of food and snacks

Your child is responsible for:

- ♥ how much he eats
- ♥ whether he eats

You can help your child stay healthy by:

- ♥ making good food choices
- ♥ practicing healthy eating habits
- ♥ encouraging active play everyday



# What I will do for my child...

✎ \_\_\_\_\_

✎ \_\_\_\_\_

✎ \_\_\_\_\_

✎ \_\_\_\_\_

✎ \_\_\_\_\_

✎ \_\_\_\_\_

## Remember:

- ♥ A child should never go hungry.
- ♥ A child should never be punished or blamed for being overweight.
- ♥ Don't use food as a substitute for love and attention.



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# Watching Your Child's Weight



*Let's Look At Improving...*

- ♥ Food Choices
- ♥ Eating Habits
- ♥ Activity

## Food Choices

You are responsible for *what* your child eats and drinks!

Provide balanced, regular meals and snacks every-day. Snacks can still be an important part of your child's nutrition.

### Choose these for meals and snacks...

- ☐ Lowfat milk
- ☐ Unsweetened fruit juice, water
- ☐ Broiled meats, cheese, tuna in water, cold meat strips or cubes, hard boiled eggs
- ☐ Unsalted crackers, breadsticks, melba toast
- ☐ Toast, unsweetened breakfast cereals
- ☐ Baked or boiled potatoes
- ☐ Fresh fruit or fruit canned in juice
- ☐ Plain cooked or raw vegetables
- ☐ Pudding made with lowfat milk, ice milk, plain or vanilla yogurt

### Instead of these...

- Whole milk
- Soda, fruit punch, Kool-aid®
- Fried meat, hot dogs, lunchmeats
- Chips, cookies
- Pop-tarts®, presweetened cereals
- French fries, fried potatoes
- Sweetened fruits
- Vegetables with sauces or butter
- Ice cream, sweet desserts

## Eating Habits

Lifelong eating habits develop early!

Which will you do?	Instead of...
<input type="checkbox"/> Give hugs and kisses instead of food	Using food as a reward or bribe
<input type="checkbox"/> Have your child use a cup	Letting your child drink from a bottle
<input type="checkbox"/> Set regular meal and snack times	Letting your child eat whenever he wants
<input type="checkbox"/> Offer a choice of healthful foods	Letting your child eat whatever he wants
<input type="checkbox"/> Comfort your child with attention and affection	Quieting your child with food
<input type="checkbox"/> Use the same limits and foods as for the rest of the family	Setting stricter limits for your child than for the rest of the family
<input type="checkbox"/> Store food out of sight and out of reach	Letting your child help themselves to food
<input type="checkbox"/> Take away all other activities during mealtime	Letting your child watch TV or play with toys during mealtime

## Activity

Encourage active play every day!

Which of these activities does your child do now?

- ♥ Go for a walk
- ♥ Play in the park
- ♥ Ride tricycles
- ♥ Swim
- ♥ Play ball
- ♥ Run and skip
- ♥ Dance to music
- ♥ Jump and hop
- ♥ Set aside "family exercise time"

### Remember:

- ♥ Make activities fun
- ♥ Limit TV watching
- ♥ Active play uses calories
- ♥ Children often eat when they are bored
- ♥ Set a good example

Which of these activities will you encourage your child to do in the future?

